

BULLETIN



JULY 1996

STATE DOCUMENTS COLLECTION

AUG 0 4 2000

Dear State Health Plan Members:

MONTANA STATE LIBRARY
1515 E. 6th AVE.
HELENA, MONTANA 59602

Welcome to a **SPECIAL FITNESS EDITION** of the Benefits Bulletin! Springtime is the annual "reawakening" when we make a concentrated effort to tone or tune up our bodies for summer activities. Now that summer is here, your HealthBeat (health promotion) Program would like to take this opportunity to:

- 1.) **CONGRATULATE** all Plan members who make fitness - aerobic activity, strengthening, stretching, nutrition and relaxation - a part of their daily routine; and
- 2.) **RECOGNIZE** those Plan members who have participated in: 1) the HealthBeat Program's Move To Improve Program and 2) Blue Cross and Blue Shield of Montana's Governor's Cup Races.

We apologize that we are not able to recognize all Plan members who participate in other equally beneficial activities and/or competitions throughout the State, but, again, congratulations to all of you on your efforts!

STATE TEAM WINS 1ST GOVERNOR'S CUP CORPORATE CUP RACE

This year, the Governor's Cup Race offered a new race - the Corporate Cup Marathon Relay - a four person team running the Marathon Race route. A State Corporate Cup Team, sponsored by your HealthBeat Program, seized victory (by three full seconds over the second place team) and captured the Traveling Corporate Cup Trophy - which will be on display over the next year in the Capital Rotunda. This team of speedy State employees (and one spouse ringer) also won the "Executive Division" award which adjusts times based on age and gender; this was no ordinary speedy team, it was an "age-challenged", speedy team. Don't let the team name - **MONTANA ROAD KILL** - fool you.

BOB WHEELER, a Billings DNRC employee, headed up the team by running the first 7.5 mile leg of the race. **BOB** has run over fifty marathons and knows how to pace himself. **BOB** paced himself so well that he was fresh enough to - after handing the "baton" off to **DAVID CLARK-SNUSTAD** - run the second leg just for fun.

DAVID, an employee from FW&P, cruised through the second, most difficult 6.3 mile leg of the race, overtook and passed the single Corporate Cup team ahead of him. **DAVID** - after handing off the "baton" to **ANDY BOEHM** - similar to **BOB**, still

had enough energy to jump on a bus, make it back to town and run the 5K race with his kids.

ANDY, an employee from DOT, was the youngest team member. With youthful enthusiasm, **ANDY** tackled the third 6.4 mile leg of the race and was only slightly daunted when, rounding the corner into Fort Harrison where he expected the last exchange to occur, he found no one. He just kept running, figuring he'd been tricked and would have to finish the race himself. He was "saved", however, when he rounded one more corner and there was **SANDI ASHLEY**, the required female and team "ringer".

SANDI, spouse of DOA deputy director Dave Ashley, ran the last 6 mile leg of the race and was the Finish Line Crosser. **SANDI** also served the important function of bus driver director by helping the bus driver locate runner drop off points. Apparently, the bus driver was unsure where to drop off runners and, when Race Headquarters radioed to find out where he was, he tersely replied, "Montana" (it's tough to have a sense of humor at 5:00 a.m.).

CONGRATULATIONS AND THANKS TO THESE RUNNERS FOR SHOWING THAT GOVERNMENT WORKERS ARE NOT ALL SLOW AND PONDEROUS!

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366
July 1996

Benefits

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THE MOVE TO IMPROVE PROGRAM

This April through June, 28 teams - 213 participants - competed in the first annual spring Move To Improve Program; an 8-week program in which teams of 6-8 Plan members accumulated points for continuous activities. A fabulous grand prize will be awarded by Governor Racicot to the members of the team accumulating the highest total points on Thursday, August 1, 1996 in the Capital Rotunda. Additional fabulous prizes will also be awarded for other accomplishments such as Best Team Effort, Best Individual Improvement, etc. **All participants in the Move To Improve Program are complimented and congratulated on their enthusiasm and efforts.**

The Program was fun and beneficial!!

Although not all areas have been scored yet, the team with the highest total points is:

**The Statusizers
Labor & Industry, Helena**

Other participating teams were:

1. Adamant 8 Balls, DPHHS, MDC, Boulder
2. Big Beautiful Women, DPHHS, CSED, Missoula
3. Primo Protozoas, L&I, Helena
4. Court Jesters, L&I, WCC, Helena
5. Golden Plumps, DPHHS, OHS, Yellowstone Co.
6. Health Hazards, DPHHS, Helena
7. HeartBeats, DOA, PERD, Helena
8. The HoneyMooners, Corrections, MSP, Deer Lodge
9. MisFits, L&I, Helena
10. Missoula Heavy Breathers, DNRC, Missoula
11. Old Fogies & Blondie, DOA, Helena
12. Path-o-Gens, DPHHS, Helena
14. Ton of Fun, DOA, PERD, Helena
15. Margies Merry Maidens, L&I, Helena
16. Dragsters, L&I, Helena
17. WIC Works, DPHHS, WIC, Helena
18. Cuffem - 1, Corrections, Billings
19. Cuffem - 2, Corrections, Billings
20. 6 - Pack, Revenue, Great Falls
21. The Fitness Fools, Revenue, Billings
22. Magnificent Seven, Revenue, Billings
23. M.S.P. Recreation, Corrections, MSP, Deer Lodge
24. The Movers & Shakers, DPHHS, Billings
25. Gumby's, DPHHS, MDC, Boulder
26. Fitness Friends, DPHHS, Great Falls
27. Recreation Dept., Corrections, MDC, Boulder
28. Flathead Flyers, DPHHS, Kalispell

OTHER GOVERNOR'S CUP STATE PARTICIPANTS

Following are the top two or three state employee placers in each event (who we were able to identify). Again, we apologize that we are not able to recognize all participants - but congratulations to each of you.

5K RACE --

<u>Age</u>	<u>Female</u>	<u>Male</u>
19-29	Nicole Murray Aimee Reynolds	Scott Henry Ferrin Spivey
30-39	Randy Triem Karla Day	Robert Gentry Mark Wissinger
40-49	Laurie Lintner Louise Theisen	Donald Skaar Jeff Hagener
50-59	Ellen Arguimbau Kristin Douglas	R. Vanhaecke Daniel Ferstad
60-69	Kay Newman Thelma Willems	Al Grasseschi Boyd Bomar

10K RACE --

<u>Age</u>	<u>Female</u>	<u>Male</u>
19-29	Theresa Bousliman Victoria Briggeman	M. Lambrecht
30-39	Marlene Smith Kathy Samson	John Wilkins Joseph Kerwin
40-49	Jean Bond Susan Butler	Timothy Cail K. Neumiller
50-59	Elaine Peterson Barbara Blair	R. Anderson John Paulson
60-69	Betty Foley Ree Howell	Allan Bergum

20K RACE--

<u>Age</u>	<u>Female</u>	<u>Male</u>
19-29	Katryn Seliskar	
30-39	Karla Allen	Michael Tooley Thomas Gustin
40-49	Mary Anne Aafedt Bobbi Pomroy	David Mueller Jim Hatcher
50-59	Rae Olsen	Jim Penner Alan Michaels

MARATHON --

<u>Age</u>	<u>Female</u>	<u>Male</u>
19-29	Aidan Myhre Amy Sprouse	
40-49		Michael Walsh Fred Robinson Michael Hofeldt

